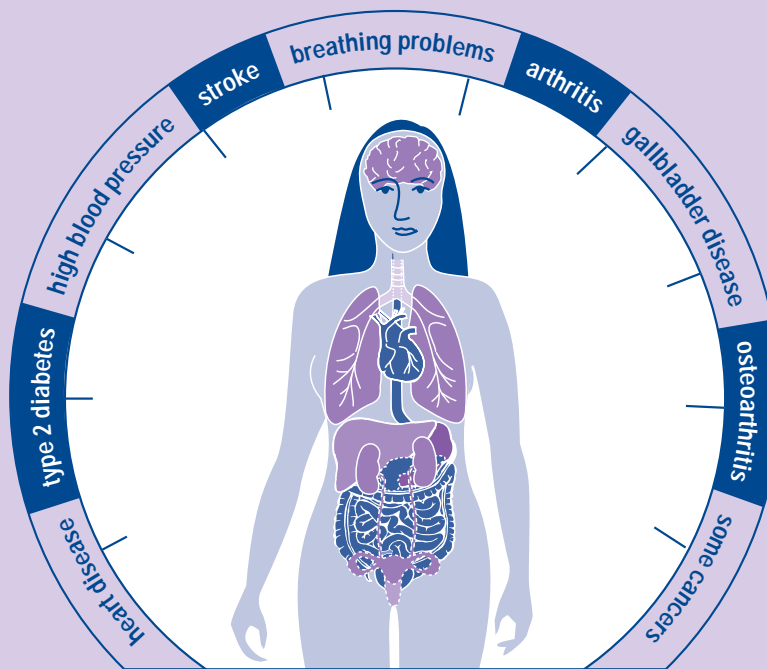


Healthy Eating and an Active Lifestyle

Heart disease, cancer, and stroke are the leading causes of death for women in the United States. Did you know that an unhealthy diet and physical inactivity can increase your chances of getting these and other diseases? An unhealthy diet and

physical inactivity already contribute more to disease and death than alcohol use, flu, car accidents, firearms, sexual behavior, and illicit drug use.

An unhealthy diet and physical inactivity are contributing factors to becoming



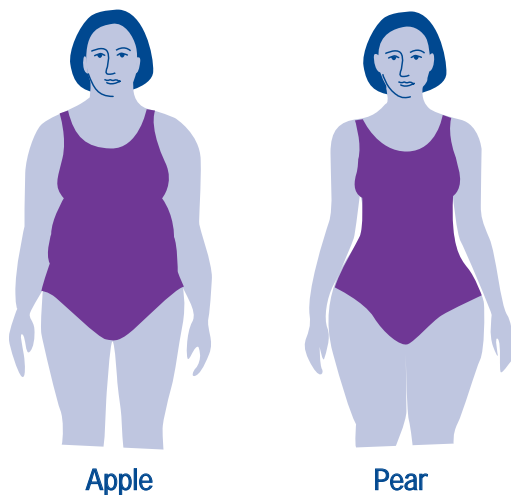
Poor diet and physical inactivity are main causes of becoming overweight or obese. About 64 percent of Americans are overweight or obese. Being overweight or obese raises your risk of getting many diseases, including those above.

overweight or obese. Overweight and obesity are problems that continue to get worse in the United States. Bigger portion sizes, little time to exercise or cook healthy meals, and relying on cars to get around are just a few reasons for this increase.

Physical Effects of Being Overweight or Obese

But body weight isn't just the problem. The places where you store your body fat also affect your health. Women with a "pear" shape tend to store fat in their hips and buttocks. Women with an "apple" shape store fat around their waists.

For most women, carrying extra weight around their waists (larger than 35 inches) raises health risks like heart disease, diabetes, or cancer more than carrying extra weight around the hips or thighs.



Healthy Eating

Follow these tips for healthy eating.

- **Start your day with breakfast.** Breakfast fills your "empty tank" to get you going after a long night without food. Make an easy breakfast like whole-grain cereal with fruit and fat-free or low-fat milk, whole-wheat toast with peanut butter, fat-free or low-fat yogurt with fruit, or whole-grain waffles. Eating breakfast will give you better strength, endurance, and concentration throughout your day.



- **Eat a variety of foods.** You don't have to give up foods that you enjoy like hamburgers, French fries, and ice cream to eat healthy. You just have to be smart about how often and how much of them you eat. Your body needs nutrients like protein, carbohydrates, fat, and many different vitamins and minerals from different foods. Balance your food choices to get important nutrients.
- **Eat a variety of whole grains, fruits, and vegetables.** These foods give you energy, plus vitamins, minerals, and fiber. Besides, they taste good! Try foods like brown rice or whole-wheat bread. Bananas, strawberries, and melons are



some great tasting fruits. Try vegetables raw, on a sandwich, or in a salad. Be sure to pick a variety of colors and kinds of fruits and vegetables. You can vary the form—try fresh, frozen, canned, or dried.

- **Watch your portion control.** Eating the right amount of food at each meal is just as important as eating the right foods. A serving is a specific amount of food, and it probably is smaller than you realize. Here are some examples.



- A serving of meat (boneless, cooked), fish, or poultry is two to three ounces, or roughly the size of the palm of your hand, a deck of cards, or an audiocassette tape.
- A serving of fresh fruit is one medium piece, or the size of a baseball.
- A serving of cooked pasta, rice, or cereal is $\frac{1}{2}$ cup, or half a baseball or a rounded handful.
- A serving of nuts is $\frac{1}{3}$ cup, or a level handful.
- A serving of peanut butter is two tablespoons, about the size of a golf ball.

A portion is the amount of food a person eats. Portions and servings are different. For example, one cheese sandwich is a portion, probably made up of two servings of bread and one serving of cheese.

Improve your eating habits by choosing things a little differently.

If you normally...	Then try this instead!
use whole or 2% milk	use low-fat (1% or less fat) or fat-free milk
drink regular soda	drink water or other calorie-free drinks
have second helpings	put the food away after you serve it or place food in the kitchen instead of placing serving bowls on the table
eat big portions	eat smaller portions off a smaller plate
eat a lot of white bread or pasta	eat a variety of whole-grain foods, like whole-wheat bread, low-fat popcorn, and brown rice
use butter	try tub margarine instead for a spread or butter-flavored cooking spray
eat fast food on the road	pack sandwiches, yogurt, string cheese, and low-fat crackers for the trip
eat meats high in fat	eat lean cuts of beef or pork, skinless chicken or turkey, or fish
snack on chips and junk food	keep graham crackers, peanut butter, light popcorn, dry unsweetened cereals, low-fat cheese and crackers along with fruits and veggies readily available
skip breakfast	try eating a healthy breakfast each day
fry your food	grill or roast your food instead



Get Moving!

An active lifestyle can help every woman. You don't have to be as fit as a professional athlete to benefit from physical activity. In fact, 30 minutes of moderate physical activity on most days of the week can greatly improve your health and have these benefits:

- reduces your risk of dying from heart disease or stroke



- lowers your risk of getting heart disease, stroke, high blood pressure, colon cancer, and diabetes
- lowers high blood pressure
- helps keep your bones, muscles, and joints healthy

- reduces anxiety and depression and improves your mood
- helps you handle stress
- helps control your weight
- protects against falling and bone fractures in older adults
- may help protect against breast cancer
- helps control joint swelling and pain from arthritis
- helps you feel more energetic
- helps you sleep better

Increase your physical activity by taking small steps to change what you do everyday!

Keep Your Children Healthy

The things kids learn as children become more difficult to change as they get older. This is certainly true for their eating and physical activity habits. Many children today have a poor diet with little physical activity. They eat foods high in calories and saturated fat and don't eat enough fruits and vegetables. They watch TV, play

If you normally...	Then try this instead!
park as close as possible to the store	park farther away
let the dog out back	take the dog for a walk
take the elevator	take the stairs
have lunch delivered	walk to pick up lunch
relax while the kids play	get involved in their activity





video games, or use the computer instead of being active. So kids are becoming overweight or obese and have a higher chance of becoming obese adults.

Help your child become more active.

- Set limits on the amount of time the family watches TV, plays video games, and uses the computer.
- Encourage your children to get one hour of physical activity every day.
- Find out about activity programs in your community.
- Ask your children what they like to do and what they'd like to try, like Little League Baseball or swim team.

- Create family activities that involve physical activity, like hiking, walking, or playing ball.

Help your children eat right:

- Have your children plan and cook healthy meals with you.
- Don't do other things while you eat, like watch TV.
- Give your kids healthy snacks, like fruits, whole-grain crackers, and vegetables.
- Limit your trips to fast-food restaurants.
- Involve the *whole* family in healthy eating. Don't single out your children by their weight.

We know children do what they see—not always what they are told. Set a good example for your children. Your kids will learn to eat right and be active by watching you. Setting a good example can mean a lifetime of good habits for you and your kids.

Then and Now

Doctors used to think there wasn't anything a person could do if she had pre-diabetes (when a person's blood sugar is higher than normal but not high enough for a diagnosis of diabetes). It was only in the past few years that researchers found out that some people with pre-diabetes can prevent or delay getting type 2 diabetes through changes to their lifestyle—such as losing weight and regular physical activity!